

Want to be able to Defend Yourself?

Come and learn some Basic,
Non Strenuous, Self Defence Techniques.
This is a One Off, One Hour session,
taught by a Professional
Taekwondo Teacher.



When: Thursday 28th August, 2-3pm.

Cost: £1

Where: Stockport Pop in Café, Lower Hillgate, Central Stockport.

Details: Non Strenuous Self Defence for all abilities. Open to any over 8 years old. Children must be accompanied by an adult.

Limited places so book early!

For more details or to book your place contact Lizzie on 477 0246 or email elizabeth@stockportcvs.co.uk

